

The Voice of Your Community

Fundraising underway for Medway Mustang Project

The \$15,000 metal statue will sit in the lobby of Medway High School

By THERESA KNAPP

Fundraising is now underway to build a massive metal mustang that will stand in the lobby of Medway High School where “mustang pride” runs free.

A GoFundMe page has been set up to raise approximately \$15,000 for the rearing “Medway Mustang,” a custom-made statue expected to be eight to nine feet high as it stands on its hind legs, six to seven feet from back to front, four to five feet wide on its base, and weigh between 400 and 600 pounds including its base. The metal statue will be hand-crafted by an artisan in Texas and, once ordered, will take approximately one month to complete.

The inspiration for the statue was a comment made 40 years ago by retired Medway High

School teacher, coach and Athletic Director William Phipps.

“The project was originally proposed by me but the idea was Bill’s,” said his wife Karen Modica Phipps. “During the early 1980s, when I took on a coaching position at the Medway High School, I remember Bill talking to me about raising money for a mustang statue. He felt the statue would serve the purpose of fostering MHS pride. He also knew the positive impact it would have regarding high self-esteem, morale, performance and positive school culture and success.”

Phipps says he actually started thinking about a statue 20 years before his comment.

“I have thought about it a lot since the time I joined the Medway school staff in 1966,” said Phipps, who retired from the district in 2003. “I thought about



The “Medway Mustang” will be sculpted in the likeness of this sculpture outside of Mineola (NY) High School. Source: www.mineolaamerican.com.

the benefits of a ‘super mascot’ at the school to boost school spirit, pride, and identity of the students and community.”

Phipps says his wife has been working on this project for a

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Rachel Sagan (R) and Rebecca Parkhill (L) founded the Metrowest Women’s Fund two years ago this month. Their goal, to lift up women and girls in their community. Photography by Elizabeth Laduca.

Metrowest Women’s Fund Seeks to Lift Up Women and Girls

Grant applications are being accepted through March

By J.D. O’GARA

There was a women’s fund in Boston, on the North and South Shores, and one in Western Massachusetts. In fact,

although there were several regional funds supporting initiatives that empower women and

WOMENS' FUND
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6 Brookview Rd, Closed 1/22
Lot 6 Sterling Cir, Pending 1/21
135 Summer St, Closed 1/15
33 Maple St, Closed 1/6
130 Summer St, Closed 12/31
32 Irving St, Closed 12/30

MUSTANG*continued from page 1*

while "and it was quite a surprise to me when I found out about it."

Modica-Phipps says her husband was "dubbed the 'Mustang Mentor' by his students. He encouraged all of his students to involve themselves in various school events and activities because he knew it would bring members of the school community together...encouraging a common bond between fellow students, faculty and staff alike."

Phipps confirms the moniker with his trademark sense of humor. "The students used to call me 'The Mustang Mentor' or just 'Mentor' (amongst other things) and it just stuck, I guess."

During his time at MHS, Phipps also started the school's golf team and later the lacrosse team. He recalls, during his 15 years as Athletic Director, MHS athletic teams won 14 State Championships in various sports.

Modica-Phipps says her husband deserves this recognition for his extraordinary commitment

and dedication to the education profession.

"As a source of inspiration and a constant guiding force, Bill always had a wonderful rapport with people of all ages, especially his students. His amazing ability to connect with his students and his talent for teaching science and biology are both truly superior. Due to his intelligence, encouragement, patience, extraordinary efforts, knowledge of subject, quick wit and incredible sense of humor, Medway students couldn't wait to take his class. A valued and respected teacher and colleague, Bill always raised the bar for all his students."

Phipps says he is looking forward to seeing the statue in the lobby of Medway High School which he still visits from time to time. He says he looked at many examples of horse sculptures before falling in love with a statue located at Mineola (NY) High School. The "Medway Mustang" will be sculpted in its likeness.

"I think it is beautiful...I think it will be inspiring for students and something they would be proud of for both the academic student and the athlete, we are all one student body," said Phipps, adding that, after four decades at MHS, "I can assure you my veins bleed true Blue and White."

The estimated cost of the project is between \$10,000 and \$15,000. To donate, visit www.gofundme.com/f/medway-mustang-project or mail a check payable to "Medway Mustang Project" to Rockland Trust Bank, 300 East Main Street, Milford, MA 01757.

Medway School Committee Approves Medway Mustang Project

Former students write letters of support

BY THERESA KNAPP

In January, the Medway School Committee approved the "Medway Mustang Project" which includes the creation of a custom-made metal mustang measuring approximately 9 feet tall, 5 feet wide, 7 feet long, and weighing 400-600 pounds.

Letters of support for the project were sent to Dr. Armand Pires, Medway School Superintendent, many considering the statue to be a tribute to Mr. Phipps. Some of the comments included:

"I found him to be a totally, dedicated teacher, as well as a phenomenal Athletic Director...He was also the last to leave the facility after school was over"

"I feel the Rearing Mustang Horse would be a fine tribute to an individual who dedicated his professional life to teaching the children of Medway"

"His infectious laugh, cowboy hats, and his handlebar mustache, distinguished him from all the other teachers and made him loved by all"

"A man of many interests...he used to fly small aircraft, play guitar in a Rock and Roll band"

"He was the Spirit of the Athletic Program"

"You would not find a more dedicated person to teach or coach"

"An amazing role model and mentor...he made class fun"

"A continuous source of inspiration for nearly 4 decades of service"

"Bill Phipps was a major contributing factor to my success in the Medway school system as well as its athletic programs"

"His caring and candid nature, and willingness to support not just student athletes but all students, made him one of the most influential and essential members of the teaching staff"

"Those like myself and my wife who were taught and/or coached by Bill Phipps will be warmed by the recognition he so deserves"

"He was always after me to improve in the classroom"

"While I was personally more involved in the arts than the sports...such a statue could reflect the symbiotic relationship between sports and the arts and academics as it would be a creative manifestation of the image we have always wanted to project"

"Mr. Phipps was a wonderful teacher and mentor"

"He gave me a love of human sciences... and made me want to learn more"

"He was one of my favorite teachers"

"I always looked forward to attending his class"

"Always able to keep everyone interested with his self-deprecating humor"

"He was the epitome of what it means to be devoted to one's career"

SOURCE: KAREN MODICA PHIPPS

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Zoom Your Estate Planning

For most, estate planning receives the greatest amount of procrastination within financial planning.

It's understandable given the formality with an attorney, time commitment, complexity of choices and as parents with young kids thinking who/what ensures your child's continued growth with your untimely demise. Add a pandemic, "we've been meaning to do it" turned into "we should've done it when it was easier and safe".

Surprisingly, many are unaware that last April 28th, Massachusetts Senate Bill 2645 was passed/signed by Governor Baker to allow remote virtual notarization of legal documents through video-conferencing technology.

Yes, you can now work with an estate planning attorney through Zoom and FedEx to develop and complete your holistic estate plan.

I asked David Feakes, who over 20 years ago founded The Parents Estate Planning Law Firm, PC, to share his firm's experience and client observations to this legislative change.

Early Zoom adoption. "Last March/April, we'd help clients far along by doing signings in parking lots, picnic tables holding umbrellas and while we managed to do it safely, it was unsustainable", says David. "We'd been in communication with our state reps and got our firm's new policies and procedures in place. Once passed, we were proactive with Zoom, not just signings but

also helping clients in our discovery phase move forward, as they had just put everything on hold."

Scheduling and engagement is easier for clients. "Parents with kids coordinating to come to our offices in Acton at the same time during work hours is hard", confessed David. "Also the idea of coming to an attorney's office can be intimidating, so now with the ability to do it all from home with kids running around or cats walking across the screen, it's helped relaxed clients and made decision making easier."

What remains constant - the why. "People have had time to reflect on making sure their kids are cared for if something unthinkable happens", shared David. "A will is not enough, we

educate clients on legal strategies of trusts, guardianships, power of attorneys, health proxies, tax planning and legacy distribution. Additionally, as I share our process to get to know a client's family and what's important, I sense calm and relief when we reiterate this can all be done virtually and safely - something normally reserved at the completion of an estate plan."

As a fee-only CFP working with financial planning clients, I'd echo David's observations with Zoom and leveraging virtual technology. In 2018, a few early adopters chose this option to engage, but today the benefits of time, convenience and ease of access are thankfully felt by all.

The opinions voiced in this material are for general information only and are



Glenn Brown

not intended to provide specific advice or recommendations for any individual.

Glenn Brown is a Holliston resident and owner of PlanDynamic, LLC, www.PlanDynamic.com. Glenn is a fee-only Certified Financial Planner™ helping motivated people take control of their planning and investing, so they can balance kids, aging parents and financial independence.

Millis Library will hold virtual book clubs in March

Those dates include:

March 2 at 4pm

This week we'll be reading "A Forest Betrothal" by Erckmann Chatrian; a story of a judge who meets the lovely daughter of one of his people.

March 9 at 4pm

This week we'll be reading "The McWilliamses and the Burglar Alarm" by Mark Twain: a hilarious tale of a family who cannot get their alarm system to work.

March 16 at 4pm

This week we'll be looking at "Beyond the Bayou" by Kate Chopin, a story about a woman afraid of leaving her home and her love for one of



Source: www.millislibrary.org

the local children.

March 23 at 4pm

This week we'll be reading "The Sphinx without a Secret" by Oscar Wilde, wherein a man tries to understand the mystery behind the woman he loved.

March 30 at 4pm

This week we'll be read-

ing "Presence" by Ken Liu, a sci-fi tale of a son caring for his mother after a stroke.

For more information, contact Rebecca Appelbaum at 508-376-8282 or rappelbaum@minlib.net, or visit <http://www.millislibrary.org>

Medway Cultural Council's Artist Spotlight Series

Have you heard of the Medway Cultural Council's Artist Spotlight series? Be sure to visit their website for this month's featured, and see their highlights on Facebook.

Judith Moffatt, children's book author, illustrator and teacher.
Source: [Facebook.com/MedwayCableAccess](https://www.facebook.com/MedwayCableAccess)



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WOMEN'S FUND

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girls in other areas of Massachusetts, there wasn't one in the Metrowest – until two years ago this month, thanks to Rachel Sagan and Rebecca Parkhill. The two women co-founded and serve as co-executive directors of the Metrowest Women's Fund.

"Rachel and I started the Metrowest Women's Fund in March of 2019," says Parkhill, an ordained Unitarian Universalist community minister, who, like Sagan, has extensive nonprofit experience. "It had long been a dream of Rachel's to start a women's fund in the Metrowest." Their goal, to make their community a place where women and girls are supported and get the services they need and deserve.

As their first project, the Metrowest Women's Fund worked with Congregation Beth El, of Sudbury, to support a scholarship for a female immigrant who was a first-generation student attending Framingham State University.

"There was overwhelming support; we raised \$11,000," says Parkhill. The first scholarship recipient was a young woman whose parents immigrated to the United States when she was two years old. "Her dream is to be an elementary school teacher, to give back to the community," says Parkhill. Since then, the Metrowest Women's fund has supported three local women with scholarships.

The two executive directors term their fund as "locavore philanthropy."

"It's good for our community. These are our neighbors, the people we work with, that we go to school with," says Parkhill.

Following this success, Sagan and Parkhill embarked on what they term "a listening tour" throughout the Metrowest. "We met with directors and people who worked with nonprofits who served women and girls, elected representatives, and we got everyone together in a community forum," says Parkhill. The goal was to gain a better understanding of where women and girls in the community were not being served, and where they could step in.

"Part of our mission is to not just raise funds, but to raise awareness, to educate donors," says Parkhill. "Out of all charitable giving, only 1.6 percent goes to women and girls. (Women's Philanthropy Institute). It's really breathtakingly small."

Parkhill and Sagan learned about the population of women incarcerated at MCI Framingham, the state's only women's prison.

"We teamed with Womenade Boston to do a Zoom educational event with Suffolk County DA Rachel Rollins, and she spoke about the particular needs of women in the criminal justice system. We had 100 people sign up for that event," says Sagan.

At the end of the listening tour, three areas of focus for the Metrowest Women's Fund were

evident: Education, Girls: Our Next Generation, and Safety from Violence. Those focus areas were paramount in the fund's inaugural grant program in 2020, made possible by Jewish Family Services of Framingham, the fund's first fiscal partner. MWF raised all of the revenue for the grants.

"Last year, we received 14 grant proposals for a total of \$130,000 for requests," says Sagan. Of that, six were awarded grants in 2020, including Domestic Violence Services Network, Dignity Matters, Family Promise Metrowest, Mass Bay Community College Foundation, MetroWest Legal Services, and the RIA House. Grants went to help educate about domestic violence, provide advanced educational opportunity (as well as essential hygiene products) to homeless and low-income women, for legal services for low-income victims of domestic violence, and for a peer mentor for sex trade survivors.

After another successful fundraising campaign this year, the Metrowest Women's Fund grant program will accept grant applications through March. "If there's a nonprofit that has a program that's servicing women and girls from Metrowest, we'd be open to that," says Sagan.

The Metrowest Women's Fund just received its 501 c (3) status at the end of February 2020. The nonprofit also just partnered with the Center for Social Research at Framingham State University to embark on

a needs assessment of middle school girls from 37 Metrowest middle schools.

"We're very excited. This is a partnership with the schools, and there's very little data from professionals about middle school girls," says Sagan.

"We're going to share a report based on the survey's aggregate data, to help the schools. What are the girls' needs, and what are some of the gaps, and how can we help and work together to fill those gaps," says Sagan. "We want to lift them up. Our vision is to build something that will last – to build a serious, long lasting nonprofit that will serve women and girls."

The Metrowest Women's Fund area of philanthropy includes 33 Metrowest towns: Acton, Ashland, Boxborough, Carlisle, Concord, Dedham, Dover, Framingham, Harvard, Holliston, Hopkinton, Hudson, Lexington, Lincoln, Marlborough, Maynard, Medfield, Medway, Milford, Millis, Natick, Needham, Sherborn, Southborough, Stow, Sudbury, Walpole, Waltham, Wayland, Wellesley, Westborough, Weston and Westwood.

Find out more about the Metrowest Women's Fund at <https://www.metrowestwomensfund.com/>, on Facebook, Twitter (@MWWomensFund), and Instagram (metrowestwomensfund/)

Letter to the Editor

Dear Editor,

I'm writing to respond to the recent article published in the Medway/Millis local town paper, regarding the 555 Hopping Brook project proposed in Holliston. I participated in the meeting/call with the Holliston Economic Development committee (EDC), and during the meeting, the chairman stated that they had only looked at the positive economic impact of the massive warehouse that is proposed, and did not do any research on the potential negative economic impacts on the town of Holliston or surrounding towns or abutters, and did not look at how property values may decline in the area.

The EDC stated they didn't have the time or the resources to conduct studies on the potential negative impacts. The EDC is only presenting one side of the coin, and this doesn't appear to be a fair assessment of the situation.

At stake is the impact on the character of the town of Holliston and surrounding towns, and the negative impact of thousands of tractor tailors on our roads, and the traffic and air pollution that accompanies this facility being proposed.

*Sincerely,
Gary Rotatori
Medway neighbor*

Medway Kindergarten registration begins March 1

Kindergarten registration for the district will open on March 1, 2021. Registration will take place electronically. To help with planning, the following documentation must be submitted: Proof of residency, birth certificate, physical exam, and immunization record. For more information, all the McGovern School office at 508-533-3243.



Source: Medway Public Schools

Community Ties and a Commitment to Customer Service: Affordable Junk Removal

There are plenty of reasons to call a junk removal service. Maybe you're planning to move and need to clear out the basement and attic before your open house. Maybe you've spent way too much time at home lately and are feeling the need to declutter.

But figuring out who to call can be a pain. If you contact one of the big haulers, they route you to a phone center where they've never even heard of your town, plus their pricing seems vague and full of extra fees. No wonder you've let the stuff pile up—it's too much of a hassle to get rid of it!

Or you can call Affordable Junk Removal and let a local small business with deep community roots take care of everything.

Jay Schadler started his business in 2003. Back then, it was just him and a beat-up pickup truck taking small jobs and working nights and weekends when he could. As the years rolled on, his business grew, but his commitment to customer service never wavered. Now he's got a staff of ten, along with ten trucks, servicing eastern and central Massachusetts and northern Rhode Island.

Affordable Junk Removal specializes in house and estate cleanouts. If your garage, attic, or office is overflowing with stuff, take back your space and let the pros do the heavy lifting.

Jay and his team have handled it all. They've dismantled above-ground pools, hauled away ancient hot tubs, taken down old fencing, and stripped away worn carpeting. They'll come for a single item, or they'll clean out an

Business spotlight



entire house. And they can take almost anything. They can't accept hazardous materials, brush, dirt, or concrete, but everything else is fair game for them to take away.

Not everything ends up in a landfill—not if Jay can help it. He first tries to either recycle or donate items. Only after he tries to repurpose items do they end up at the transfer station.

Working with Affordable Junk Removal is simple. First, you can load stuff yourself if you want by renting a 15-cubic-yard dumpster for a week and chucking up to a ton of your unwanted stuff. If you need to get rid of more weight, then Jay prorates that tonnage—you never pay for what you don't use.

If you don't want to be bothered with the dumpster, they've also got a driveway special where they'll take away a truckload of your unwanted things if you pile it up. Or if you don't want to lift a finger, then you can point at the items, and the team will fill up their truck and haul away your unwanted things. However you do it, you're left with more space and more peace of mind.



Jay and his team beat the big waste haulers on both price and customer service. When you call Affordable Junk Removal, you aren't connected to an anonymous call center. Your phone call goes right to Jay.

And speaking of pricing, Jay is upfront about it. His website shows the truck sizes and prices, so you can save time knowing your costs before you call for an appointment. There aren't any hidden costs or surprise fees with Affordable Junk Removal.

Affordable Junk Removal is fully licensed and fully insured, and they'll treat your property with care and respect.

They also have a thriving commercial business, working with contractors and roofers to clear away debris and keep the job site clean. They can even handle commercial and residential emergencies with same-day service.

Jay and his family are deeply involved in the community. He and his wife, Christine, run the Corner Market restaurant in

Holliston as well as Resellables, a thrift store in Bellingham. It's not uncommon for someone to reach Jay at the restaurant, order a sandwich, and then schedule a junk removal appointment. Yes,

the local small business really can handle everything!

For more information, contact Jay Schadler at (774) 287-1133 or visit Affordable Junk Removal online at www.takeawayjunk.com.

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Harrington named to St. Sebastian's honor roll



Millis resident, Aidan J. Harrington, a senior at St. Sebastian's School in Needham, has been named to the honor roll. St. Sebastian's is proud to announce those students who were named to the Second Quarter and First Semester Honor Rolls under the following categories: High Honors: A- or above in all subjects, Honors with Distinction: B or above in all subjects, and Honors: B- or above in all subjects. For a complete list, visit www.stsebs.org

Millis resident, Aidan J. Harrington. Courtesy of St. Sebastian's School

Order Girl Scout Cookies online through March 6

Thin Mints continue to be top seller

By THERESA KNAPP ENOS

There is just a short time left to order Girl Scout cookies before this year's sale ends on March 6. Top sellers this year are the Thin Mints, Caramel Delites and Peanut Butter Patties, according to Medway Service Unit Cookie Mentor Emily Midgley.

Millis Reads candlelit chat on March 1

Millis Reads will host "How do you Hygge? Candlelit Chat" on Monday, March 1, at 7 p.m. This adult program is sponsored by the Millis Public Library as it continues to celebrate Millis Reads 2021 which features *The Little Book of Hygge: Danish Secrets to Happy Living* by Meik Wiking, CEO of the Happiness Research Institute in Copenhagen.



Millis Reads 2021 features events around this year's book: *The Little Book of Hygge: Danish Secrets to Happy Living* by Meik Wiking, CEO of the Happiness Research Institute in Copenhagen. A candlelit chat will take place on March 1. Credit: Theresa Knapp

Join the candlelit chat to discuss the topic "How do you Hygge?" If you made a soy wax candle from the DIY kit be sure to bring it along to show off; if not, any candle will do. Email rsilverman@minlib.net to sign up for the Zoom link. For more information and events, visit <http://www.millislibrary.org/millisreads/>.



Medway Brownie Troop 67237. These second graders are selling cookies to raise money to do projects that will benefit local senior citizens. Courtesy of Medway Girl Scouts via Emily Midgley.

This year's cookie sales looked much different than they have in the past and included drive-thru booths plus online sales with direct shipping.

"Even though our booths are off the beaten path this year to ensure a safe drive-thru experience, the Medway community has shown up in a huge way," said Midgley, who thanked the many town departments who helped make this year's sale a safe success. "Medway Scouts have been braving the frigid temperatures, and even a snow storm, and the cars keep coming. We are so grateful for the incredible support from Medway, the local businesses that support us, and the community."

The good news is that Girl Scouts benefit from cookie sales all year round and the money raised helps bring local programming to the scouts. Plus, many of the Medway troops have been collecting cookie donations for the Medway Food Pantry and Midgley's troop alone has collected almost 40 boxes.

For more information, visit www.medwaygirlscouts.wordpress.com

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Letters Against Isolation

Do you know someone who is isolated and would welcome a handwritten note?

BY THERESA KNAPP

Letters Against Isolation was started by two teenagers who noticed the effect their cards and letters had on their grandmother. Volunteers from around the world can sign up to write as many or as few letters as they like to senior citizens who are associated with a facility that has registered with the website. Facilities are located on several continents and include local senior centers with day programs to long-term facilities, some with memory care. There are many facilities in Massachusetts.

How do I participate in letter-writing?

You choose a facility from those available during the current two-week period then commit to writing a certain number of letters. The site offers guidance such as:

- You will be writing to an anonymous recipient, so address the card "Dear Friend" (or similar)
- Handwritten letters or cards are best

- Decorated letters are exciting for recipients
- Your message should be cheerful and creative
- Do NOT include any contact information in your letters (email, address, phone number, etc.)

How do I nominate a facility to receive letters?

Letters Against Isolation is always adding more facilities to its list. To nominate a facility, visit the "Care Homes" page on the website. There, the host facility will fill out a form to be added to the list.

Will it make a difference?

Rates of social isolation and loneliness have increased greatly during the coronavirus pandemic. According to the Centers for Disease Control and Prevention (CDC), there is strong evidence that many adults aged 50 and older are socially isolated or lonely in ways that put their health at risk. Recent studies have found that:



Image credit: www.lettersagainstisolation

- Social isolation significantly increased a person's risk of premature death from all causes, a risk that may rival those of smoking, obesity, and physical inactivity.
- Social isolation was associated with about a 50 percent percent increased risk of dementia.
- Poor social relationships (characterized by social isolation or loneliness) was associated with a 29 percent increased risk of heart disease and a 32 percent increased risk of stroke.
- Loneliness was associated with higher rates of depression, anxiety, and suicide.

Loneliness among heart failure patients was associated with a nearly four times increased risk of death, 68 percent increased

risk of hospitalization, and 57 percent increased risk of emergency department visits. [CDC.com]

Medway Preschool Lottery opens on March 8



Source: Medway Public Schools

The preschool lottery, for community peers, will take place on Monday, March 8, from 10 a.m. to 11 a.m. via the online lottery registration form. Registration for students attending the Integrated Preschool must be completed by April 14, 2021. For more information, contact the McGovern School office at 508-533-3243 or amcdonald@medwayschools.org

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Millis Nomination Papers Due March 22

Town Election on May 10

Nomination papers for the May 10 town election are now available at the Millis Town Clerk's Office.



To be listed on this year's ballot, papers are due back by March 22 at 5:00 p.m. The election which will take place on May 10.

Nomination papers must have 44 real in-person signatures from Millis residents. Officials recommend gathering more signatures than needed in case some are disqualified.

For information on the nomination process, visit www.millisma.gov

Medway Nomination Papers Due March 26

Town Election on May 18

Nomination papers are available at the Medway Town Clerk's Office to be listed on this town ballot.



Papers are due back by March 26 for the election which will take place on May 18.

As of press time, three people have taken out papers for Select-

man including current selectmen Dennis Crowley and Richard D'Innoncenzo, whose terms expire this year, plus Martin Dietrich.

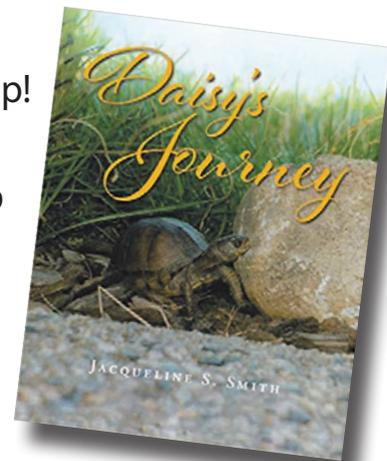
For an update on nomination papers and nominees, plus a list of open positions, visit www.townofmedway.org.

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Living Healthy

Home Remedies for Simple Eye Problems

BY: ROGER M. KALDAWY, M.D.
Milford Franklin Eye Center

Many eye problems need an ophthalmologist's medical knowledge. But there are eye problems that you can treat safely at home, as long as they are simple. Here are a few problems that can respond to home treatment, with tried-and-true remedies.

Black eye

You can usually treat a black eye at home. But if there are more serious symptoms of black eye, see an ophthalmologist. These signs include: blurred/double vision; blood in the eye; or an inability to move the eye.

To reduce swelling and ease pain the first day, apply an ice pack to the eye for 15 to 20 minutes at a time, once every hour. If you don't have an ice pack,

use a bag of frozen vegetables or ice cubes wrapped in cloth. The cloth protects your skin from freezing. Don't put a raw steak or other raw meat on your eye. Despite what you've seen on television and in the movies, there's no scientific basis for this. In fact, the bacteria in raw meat poses a high risk of infection.

Pink eye (also known as conjunctivitis)

A virus causes most cases of pink eye. These cases don't respond to antibiotics. Viral conjunctivitis will disappear on its own. Have your ophthalmologist diagnose your particular case. Reduce the discomfort of conjunctivitis by applying cool compresses to the eye.

If your conjunctivitis is bacterial, follow your treatment plan. This usually involves antibiotic

eye drops. In either case, you should take steps to reduce the chance of passing the problem on to someone else. Conjunctivitis is highly contagious. Follow these tips to prevent the spread: Don't share towels, handkerchiefs or cosmetics. Change pillowcases frequently. Wash your hands often.

Eye allergy and seasonal allergy

Just as you can get nasal allergies, you can get eye allergies that leave your eye red, itchy and teary. Limiting your exposure to the source of your allergy — whether it's pollen, pets or mold — can help relieve symptoms. If you can't remove the source entirely, there are ways to reduce its effect with eye allergy treatments.

If pollen bothers you: Don't use a window fan, which can



Eye strain

draw pollen into your house. Wear sunglasses when you go outside.

If dust is the problem: Use allergen-reducing covers for your bed. Use artificial tears, which temporarily wash allergens from your eyes. Use over-the-counter anti-allergy eye drops to lessen the symptoms.

Many people have symptoms of eye strain, because of long hours of computer use, reading and driving every day. In most cases, there are simple things you can do at home, work, and while driving to ease eye strain symptoms. These include: resting your eyes, using artificial tears, wearing computer glasses, and wearing sunglasses.

Stye (also called hordeolum)

While a stye may look nasty, it's usually harmless and goes away within a week. You can treat it at home by running a washcloth under warm water, wringing it out and placing it over your closed eye. When the washcloth cools, repeat the process several times. Do this three to four times a day for at least a week. The heat will help unblock the pores in your eyelash area. Don't wear eye makeup or your contact lenses while you have a stye. And don't pop or squeeze the stye. Doing so can spread infection to surrounding areas of your eye. Shampooing with tea tree shampoo can also help.

Bags under the Eyes

What we often call "bags under our eyes" is actually sagging skin under the eyes. It is a common complaint, and one that often accompanies the aging process. As we grow older, tissues around the eye gradually weaken and sag. This loss of skin tone allows fat to shift forward into the lower eyelids, making them look puffy and swollen. Fluid can also pool in this area and contribute to the puffy appearance.

EYES

continued on page 11

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PHOTO CREDIT: ANTONIKA CHANEL ON UNPLASH

Living Healthy

EYES

continued from page 10

Certain home remedies can help lessen or eliminate the puffiness of under-eye bags and the appearance of shadows. Wet a clean washcloth with cool water. Place the damp washcloth around your eyes for a few minutes, applying very gentle pressure. Do this while sitting upright. Make sure you get enough sleep. Sleep with your head raised slightly. Try to avoid drinking fluids before bed, and limit salt in your diet. That can help reduce fluid retention overnight that can lead to bags under your eyes. Quit smoking. Try using makeup concealer to cover shadows under your eyes.

Use Common Sense for Your Eye Health

With any of these conditions, see your ophthalmologist right away if the symptoms worsen or

don't go away, or if your vision is affected.

Some eye problems you should never treat on your own.

If you experience any of these, you should seek medical attention right away: Blurriness. Double vision. Pain in your eye. Serious eye injuries.

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A Voice for Women in the Metrowest

MetroWest Commission on the Status of Women serves to make sure women are heard

By J.D. O'GARA

“Our job is to basically amplify the voices of those who identify as female in our community, to make sure our community partners, our elected and appointed officials are making decisions with those peoples’ needs in mind,” says Heather Panahi. She’s in her third year as chair of the MetroWest Commission on the Status of Women.

“Our Commission was founded in 2015. We represent 26 towns and two cities and are actually one of 11 regional commissions throughout the state,” says Panahi. There is also a state commission.

Panahi explains that the Massachusetts Commission on the Status of Women was created in the mid-1990s, after a UN Conference on Women.

“The goal was to give a voice to Massachusetts women and girls,” says Panahi, of the non-partisan commission. “Over the last several decades, the state has created these regional commissions to be able to better reach women throughout the state.

The MetroWest Commission, says Panahi, covers Ashland, Bellingham, Dover, Framingham, Franklin, Holliston, Hopkinton, Hudson, Maynard, Medfield, Medway, Millis, Natick, Needham, Norfolk, Northborough, Norwood, Sherborn, Southborough, Stow, Sudbury, Walpole, Wayland, Wellesley, Westborough, Weston and Wrentham, and Marlborough.

“Our nine commissioners are basically appointed to their positions; there’s no election. You apply, and then they’re appointed based on experience. You can serve two terms, and each term is three years.”

To get a handle on what women want and need, the MetroWest Commission on the Status of Women hosts public hearings, panel discussions, engages in community outreach programs and hosts awareness campaigns, as well as works with local community organizations and nonprofits. Members of the Commission have also given testimony on behalf of women in the MetroWest region, which is very diverse, says Panahi. “You have rural towns, you have metropolitan towns, you have towns that are higher on the socioeconomic ladder than others. When we are bringing on new commis-

sioners, one of the things we try to be mindful of is bringing in commissioners as representative of our region as possible.”

Areas of focus the MetroWest Commission has focused on have included a focus on reproductive issues last year, from improving access to feminine hygiene products in schools and jails to maternal health after having children, says Panahi. The group has also spent a lot of time on domestic violence and sexual assault prevention.

“Domestic violence prevention and sexual assault prevention are big items for us and continue to be for us, and Covid has exacerbated the problem, where women are in their homes trapped with their abusers. We’ve also done work talking about the experiences of incarcerated women in the region, making sure they have appropriate access to the resources they need, that they’re safe and that their health needs are being taken care of. We’ve also looked at economic empowerment, job placement after incarceration, and helping to protect immigrant families, particularly immigrant women and their children,” says Panahi.

This past year, the Commission decided to focus on racial equity, hosting a Zoom public hearing on “Racial Inequality Affecting Women and Families



Source: Massachusetts Commission on the Status of Women

of Color in the MetroWest” in late February.

“The public hearing was really our first step before we start to develop a plan of action,” says Panahi. The Commission will use the feedback they’ve gained from BIPOC women in the region to help identify issues to prioritize, support and raise awareness of, says Panahi.

“We recognized we needed to hold ourselves accountable, to make sure all of the girls and women in our region were adequately supported and have access to the services they need,” says Panahi, adding the Commission itself is also a majority (75%) white, and the group would like to attract a more diverse panel of commissioners.

VOICE FOR WOMEN
continued on page 13

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BY DENNIS SULLIVAN & ASSOCIATES

Our team had a recent experience with our client, “Mrs. Cronin” a member of our Lifetime & Legacy Protection Program (LLP Program). Mrs. Cronin and her late husband, Mr. Cronin attended a seminar we held over 20 years ago with the AARP Legal Services Network. We helped the Cronins establish their estate plan and they kept it up to date with their membership in the LLP Program at Dennis Sullivan & Associates.

Mr. Cronin passed in his 80s, and Mrs. Cronin eventually had to go to a nursing home at age 93. We kept in touch visiting her to update her plan.

We learned Mrs. Cronin was having difficulties paying some bills for real estate taxes; we investigated to determine her health and medical needs and ensure her wishes were being met. Although it took considerable effort and coordination, due

to COVID-19 protocols we were able to coordinate services on Mrs. Cronin’s behalf.

Unfortunately, we were rebuffed by nursing home personnel numerous times., nevertheless we persevered on her behalf all while Mrs. Cronin was locked in her room because of COVID-19 restrictions.

Hard Work & Mrs. Cronin’s Diligence & Dedication Pays Off

Despite numerous challenges, we were able to work with the bank regarding Mrs. Cronin’s Trust and the Power of Attorney as well as coordinating with the nursing home physician. Persistence, passion, perseverance, compassion, care and commitment by our team prevailed and eventually all of Mrs. Cronin’s goals and objectives (financial, health, tax), as well as her choices for health care were honored. She was even successful avoiding the time delay and the cost

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We accomplished Mrs. Cronin’s efforts to exercise her legal rights to retain control of not only financial decisions, but also health decisions regarding end of life treatment made by trusted individuals, rather than having to go to court. Disability court proceedings are long and expensive and result in ongoing court involvement, expense and can mean unmet health and financial objectives.

Could you imagine if her care, was left up to the state, courts, and nursing home? Our team ensured that Mrs. Cronin’s choices were written into her documents, honoring that no unwanted extreme end of life measures were taken when the time came that she was at the end of



life. We and her family were relieved that these goals were met.

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VOICE FOR WOMEN

continued from page 12

Panahi suggests that Covid has also highlighted where inequities lie.

“Whether or not people can access Wifi so that their children can learn – those things have become much more accentuated as a result of the pandemic,” says Panahi. In particular, she says, the many immigrant families in the Metrowest face enormous barriers because of Covid.

The Commission also endeavors to listen to Metrowest’s

youngest women constituents. It has created the Athena Council, and internship and advocacy for women aged 14-19 to channel their passions into energy and action. The 12 members of the Athena Council are girls who’ve applied from all over the Metrowest.

Panahi adds that all meetings of the Metrowest Commission on the Status of Women are open to the public and “any women who want to come and listen and share their questions.”

The best way to stay apprised of when the next meeting is would be to visit the Metrowest

Commission on the Status of Women’s Facebook page; you can also find them on Instagram (@metrowestcsw) and Twitter (@MassCSW). You can also find out more at the state website <https://www.mass.gov/service-details/metrowest-commission-on-the-status-of-women>.

Panahi points out to all interested women, “We are a nonpartisan group. We want to emphasize that. To us, gender does not belong to a political platform. We want all women in the Metrowest to know we are here to advocate for them, and to listen.”

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Succession Planning for Small-Business Owners

Most business owners want to grow their businesses and maybe even pass them on to the next generation. But how many owners actually succeed? Relatively few, as it turns out. Studies show that only a third of family firms make it to the second generation, and just a sliver get passed on to the third generation.¹ A key reason for this is that many companies lack proper succession plans.

Consider the situation your family, employees, and company would be in if something unexpected were to happen to you. What would happen to your

business? Would it stay in the family? Could it realistically stay solvent without you at the helm? Or would it be sold? And then there's the million-dollar question: Do you even know what your business is worth? The answers to these questions may not be as straightforward as you imagined.

That's why you should start planning now even if you plan to stay with the business for years to come. So, what options are available? If and when you exit your business, there are four possible successors: family members,

co-owners, key employees, or an outside third party.

That brings us to a succession action plan and exactly what that entails. First, select your successor(s); this may require careful analysis. Next, determine your business valuation. Bear in mind that when a business is sold to family members the transaction draws extra scrutiny from the IRS. Finally, develop a plan to transfer your business interest quickly to minimize operational disruptions.

Once you identify your successor(s), you must make sure

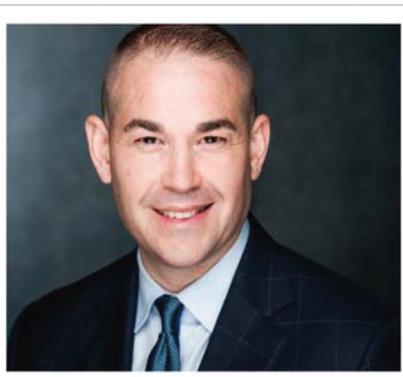
that the individual(s) is in a position to take over the company—and you must ensure a smooth transition by outlining the terms of succession in advance. A buy-sell agreement will work differently, depending on the type of business entity and the number of owners. Each type of agreement helps create a smooth process for transferring ownership of the business. The buyer can purchase a life insurance policy to help make sure there are available funds to purchase the business when the time comes. Additionally, a buy-sell agree-

ment helps show creditors and customers that your business is sustainable because you are taking action to mitigate risk.

Each business is unique, of course, but succession planning is something that all businesses should consider.

This educational third-party article is provided as a courtesy by Michael Damon, Agent, New York Life Insurance Company. To learn more about the information or topics discussed, please contact Mike Damon at 508-321-2101.

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Millis considers purchasing land on Village Street

Hearing to be held on March 1 regarding 23 acres of agricultural land

By THERESA KNAPP

The Millis Select Board will hold a hearing on March 1 at 7:00 p.m. to consider whether the town will exercise its right of first refusal to purchase land on the “Braun property” on Village Street.



Millis: Chapter 61a land on Village Street, part of 23.13 acres the town has the option to purchase. Credit: Theresa Knapp

The land is listed on the tax roll as “Chapter 61a,” a special designation for agricultural land wherein an owner pays a lower tax in exchange for allowing the town to purchase the land at a fair market price when the owner is ready to sell.

According to the meeting notice, “the hearing will provide a forum for discussion on the Notice of Intent to purchase a parcel of land consisting of 23.13 acres located at Village Street.”

The public is welcome to attend the virtual meeting.

For more information, including the Zoom access link, visit www.millisma.gov

Our Ad & Editorial Deadline is the
15th of each month,
for the following month's issue.



Medway Cultural Council Awards 14 Grants For 2021

MEDWAY, MA - The Medway Cultural Council received 19 grant applications for 2021 and has awarded 15 grants for a total of \$9752.10. The following artists and organizations comprise the FY2021 grantees:

- Elijah T. Grasshopper & Friends: An outdoor or virtual concert for school-age children (Rob Zammarchi)
- Stephano: The True Story of Shakespeare's Shipwreck: A fascinating documentary film with Q&A about this story via the Medway Public Library (Andrew Buckley)
- Duo Pianists, Composers and Educators: Whipple & Morales in Concert (Kirk Whipple)
- Animal Tales for Summer Reading: A children's program via the Medway Public Library (Diane Edgecomb)
- Phoenix Rising: Claffin Hill Symphony Orchestra Re-launch! (Bernadette Stockwell)
- Southeastern Massachusetts Band Concert: Medway Public Library

- Jean-Francois Millet's Dandelions: How to Pastel Paint (Gregory Maichack)
- Chainsaws, Cheeseburgers and Rock N' Roll - Live! (Jesse Green)
- Watercolors with Trudi: Workshop at The Medway Library Makerspace (Diane Busa)
- Paint n' Sip for Teens: Workshops at The Medway Library Makerspace (Diane Busa)
- Park Pixie Project - Folk Art Classes and Display (Judith Moffatt)
- Keeping the Greater Milford Community Chorus Alive and Relevant during COVID-19 (Susan Serapine)
- Music for Seniors: At the Medway Senior Center (Howie Newman)
- Community Farm (Public Art) Mural: Live painting at the Medway Community Farm (Mike Cannistraro)
- Eleanor Roosevelt: A live/Zoom theater performance and history lecture (Carole Cohen)



at <https://www.townofmedway.org/cultural-council> and the Medway Artists Spotlight on Facebook (<https://medway-artists.wordpress.com/>).

year will be chock-full of arts and culture programs.”

The schedule of events will be posted by the Medway Cultural Council on its Facebook page (<https://www.townofmedway.org/cultural-council>), on other social media and disseminated in local print media. Our goal is to provide our community with a wide range of cultural experiences, including art, music, performance, crafts, and traditions from around the world. We support and encourage local artists and a shared sense of community through cultural appreciation. The next grant round will be in October 2021, for fiscal year 2022.

To learn more about the Council and its Arts and Media committees and to support and cultivate the arts in Medway through grants, program development, and educational opportunities, visit the town web page

Events will either be LIVE or presented on-line via ZOOM or WEBINAR

”We are thrilled to be able to fund a variety of activities for all age groups in a wide range of artistic fields, from a public art mural to painting workshops, musical concerts to folk art projects. We hope to have something for everyone this year,” stated Jennifer Kendall, Chairwoman of the Medway Cultural Council. “We are particularly grateful that the arts remain well-funded this year. Despite the challenges presented by the pandemic, this



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Medway Public Schools Begins Pooled COVID-19 Testing at Middle and High Schools

MEDWAY — Superintendent Armand Pires is pleased to announce that pooled COVID-19 testing began within the district last week.

The pooled testing initiative began on Tuesday, Feb. 9 and Thursday, Feb. 11 at Medway Middle School and Medway High School. The district plans to expand testing to Burke-Memorial Elementary and McGovern Elementary in March. Only students for which families have consented will be involved in the testing initiative.

The district has opted to join the state's COVID-19 pooled testing initiative, which funds weekly COVID-19 testing for each participating individual within the district for six weeks. Participating districts are paired with a vendor who assists with testing logistics and provides the district access to materials, technology and lab space. Medway has been matched with Concentric by Ginko as its vendor.

The pooled testing strategy involves combining 10-25 test samples together in a “batch” or “pool” and then processing and testing the pooled sample as one with a PCR test. If a pooled test result is negative, then all individual samples within that pool are presumed negative. If a pooled test result is positive, at least one individual in the pool is positive for COVID-19 and each individual in the pool is given an individual rapid test to identify the positive sample(s).

At Medway Middle and High Schools, the pooled testing process involves identified staff members who visit classrooms on the designated testing days each week to gather the participating students. Students then self-administer the nasal swab test under the direction of staff members. Each individual swab is combined into its pool to be sent for lab testing and the district receives pooled test results within 48 hours.

Close to 600 students, which is approximately 50% of the total students at the middle and high schools, were tested through the initiative last week and the district received negative results for all pools following its first week of testing. Participating students will now be tested once per week based on their assigned cohort.

“We are very excited to be starting with this initiative in our middle and high schools,” Superintendent Pires said. “Weekly testing will allow us to better understand the prevalence of the virus in the school community and potentially identify asymptomatic or pre-symptomatic cases. The information this testing will provide is crucial in helping us to make fact-based decisions as we continue to plan for a fuller return to in-person learning.”

The district also began its own regular testing program for faculty and staff in December 2020 with approximately 90% of staff members participating.



Medway Public Schools began pooled testing at Medway Middle School and Medway High School on Tuesday, Feb. 9 and Thursday, Feb. 11 through the state's testing initiative. (Photo courtesy Medway Public Schools)

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Medway Marches Builds Community With “Allies In Action” Event

Medway Marches held a free virtual event on February 24 for the community entitled, “Allies in Action”. The evening featured an open conversation on the challenges and rewards of becoming an active ally, the role of race and history in allyship, and how community organizations can affect change through allyship.



Victoria Alexander, a diversity educator, and critical race scholar, led a discussion for allies of BIPOC

Based in Medway, Medway Marches is an organization whose vision is to build an inclusive community for people of color through education, engagement, and empowerment. This presentation and discussion featured renowned Victoria Alexander, a diversity educator, and critical race scholar.

Alexander led a discussion for allies of BIPOC, answering such questions as, “How can I help?” and “What can I do as a non-BIPOC person?”

More about Victoria Alexander: Alexander conducts critical research challenging myths regarding the distribution of power and the role of racism and anti-racism in social, professional, and educational spaces. She empowers people to analyze their own social identities and positions within power systems. Follow her on Instagram @victoriaalexandr.

For more information about Medway Marches and its mission to engage, enable, and empower our community, join its Facebook group (<https://www.facebook.com/groups/medwaymarches>).

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Millis Recreation celebrated Valentines Day

Millis Recreation offered "Be My Valentine Date Night Kits" which featured "Make Your Own Pizza" provided by Kravings, "Bake a Dessert," "Create a Craft," plus party favors and a surprise gift. Over 40 kits were ordered and handed out on Valentine's Day by the Millis Recreation Department staff.



Left, Millis Recreation celebrated Valentine's Day with do-it-yourself kits which included party favors. Courtesy photo.

Below, Millis Recreation celebrated Valentine's Day with Create-a-Craft kits. Courtesy photo.



Left, Millis Recreation celebrated Valentine's Day with make-your-own pizza kits. Courtesy photo.



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Sports

Medway's Hundertmark Is Rarely The Center Of Attention

Mustangs' Grid Captain A Superb Lineman

By KEN HAMWEY
STAFF SPORTS WRITER

Max Hundertmark has the right stuff to play center for Medway High's football team.

Those who play the position rarely are noticed, hardly ever get any publicity, and by the very nature of their role, centers take a physical beating as they absorb hit after hit.

A senior, the 6-foot-2, 240-pound Hundertmark, who'll be playing his third varsity season for the Mustangs, knows what the position requires and he approaches his role in a very analytical way.

"Because a center touches the ball on every offensive play, he has to be in charge of the line," Hundertmark said. "The position requires leadership. If a pass play is called, then it's the center's job to indicate what side of our opponent's line is the strongest, and if we're using a running play, then I have to decide if we need to double-team a specific lineman."

The 17-year-old Hundertmark is acutely aware that to be successful at center depends on three attributes. "A center has to be the smartest guy on the line because there's so many things to process," he said. "Being physically tough is a must because a center gets hit often, and quick hands and feet are necessary to block effectively."

The lack of notice goes with the position and Hundertmark fully understands that. "The fans' eyes aren't focused on the center," the Medway native said. "A center gets noticed only when

he messes up. The coaches are the ones who praise the offensive line and they know when a center is doing well."

A center since he was six, Hundertmark has played that position at the Pop Warner level, during Middle School and for the Mustangs' varsity. A backup center on the varsity as a sophomore and the starter on the jayvees, his career got off to a bumpy start when he suffered a double fracture of his left ankle against Dedham (his first game with the jayvees).

"It was disappointing," he noted. "All the work and the effort were wasted. I was looking forward to the start of my varsity career."

Hundertmark, however, bounced back in stylish fashion. He had a solid junior season, helping Medway go 7-4. His desire led to his coaches and teammates voting him a captain.

"I dreamed of being a captain when I was playing Pop Warner football," Hundertmark said. "It's an emotional feeling and it provides confidence. It's humbling and it showed that my work was recognized. I hope to be a leader by example, on and off the field, and I'll also be vocal and supportive of all my teammates."

Three teammates Hundertmark admires are seniors Reece Curran (co-captain, tight end/defensive end), Jake Eddy (linebacker) and Nick DerGarabedian (receiver/cornerback. "I've worked out with them for three years," he said, "and they're all leaders who are talented at their positions."

When Hundertmark competed at the Pop Warner and jayvee levels, he played for his father (Craig), who has 30 years of grid experience. His father was offensive coordinator at Martha's Vineyard where he helped the school win two Super Bowls and he also coached the Medway freshmen.

Hundertmark's intense passion and his analytical approach to football no doubt are attributes linked to his father. Medway's coach, Anthony Mazzola, lauds his center, primarily because of his commitment to fundamentals and his desire to lead.

"Max is a very intelligent player," said Mazzola. "He understands schemes and I can see him being a coach. He's a very technical player who worked hard in the offseason to add strength. Capable of playing on defense, Max also brings a level of maturity to our offensive line. Though we have three returning players, including Max, on the OL, he's the only senior. His leadership skills, knowledge, and willingness to compete are what our underclassmen should mirror and add to their growth and development."

Calling Mazzola a solid strategist and a top-notch motivator, Hundertmark displays a keen perspective when commenting on the covid-19 pandemic and its effect on football.

"Emotions ran high when we thought we might not play football," Hundertmark said. "When it was moved to the Fall 2 season, that was a blessing. We got motivated again. Our guys just wanted to have a season and there were no problems with any restrictions. As a captain, I'll stress patience with any modifications. The big picture, however, is the health and safety of everyone. I've got parents and grandparents and we want our family, school and community to be safe."

Medway's season will open on March 19 at home against Millis and that's when Hundertmark's goals will kick in. He's got team and individual objectives.



Max Hundertmark relies on experience as Medway High's center.

"I want our team to meet every challenge, win every game and enjoy the journey," he emphasized. "My individual goals are to work hard at every practice and in every game, strive to be a TVL all-star and to win our team's offensive lineman award."

Hundertmark rates Bellingham and Norton as teams that'll finish high in the Tri Valley League standings. "Bellingham is young and talented while Norton, which beat us last year, is a traditionally strong program."

A National Honor Society student, Hundertmark will play football at Western New England College in Springfield next fall. He'll major in actuarial science, which could lead to a career in the insurance business.

"The biggest transition to college football will be time management and the physical nature of the game," he said. "It'll be a priority to manage my time wisely and it's obvious that the college game will be more physical. I'll

be competing for a roster spot with players who were all-star choices and battling opponents who were all-league."

Calling his parents (Craig and Lisa) role models for their support and encouragement, Hundertmark relies on a competitive philosophy that focuses on winning, reaching his potential and having fun. He values football for the life lessons that can be learned.

"Football helps you to listen and take advice," he noted. "It sharpens one's leadership ability, helps you to be a good teammate and definitely teaches how to overcome adversity. When I was injured my sophomore year, that was a lesson in overcoming adversity."

Max Hundertmark may not get much notice or publicity playing center but his dedication to football and academics makes him a vital and valuable cog for the Mustangs.

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Sports

Tri County Voke Set To Resume Athletic Competition

Cougars Went 3 Seasons With No Sports

By KEN HAMWEY
STAFF SPORTS WRITER

The long wait is finally over.

Tri County Vocational High School will be competing in varsity sports during the Fall-2 season that got underway with pre-season practice on Feb. 22. Nine teams will begin play with reduced schedules and, for the most part, their opponents will be Mayflower League squads.

The Cougars have not participated in athletics for three consecutive seasons and that time-frame covers almost a year.

Last spring, Tri County was unable to compete when the Mass. Interscholastic Athletic Association (MIAA) canceled all sports throughout the state because of the covid-19 pandemic. When the fall season approached, 15 of the 16 Mayflower League schools decided to move all autumn sports to the newly-created Fall-2 time-frame (West Bridgewater stood pat for the fall). Then, before the winter season started, Tri County canceled all sports because the school was moving 100 percent to in-person vocational instruction while academic learning remained fully remote.

The Cougars' teams that will play in March and April include football, boys and girls soccer, volleyball, golf, boys and girls cross-country, cheerleading and boys ice hockey.

"Sports will definitely return," said Athletic Director Sara Martin at Local Town Pages deadline (Feb. 15). "But, one question remains with the weather. Take soccer for example. If it snows considerably, there'll be no games because we don't have artificial turf. And, most practices for Fall-2 will be inside."

Martin is hopeful the Fall-2 season will be a return to some degree of normalcy.

"The athletes have missed structured settings," she said. "Now, they can reunite with their teammates and coaches. This year is about providing opportunities. We just want the kids to be able to compete and hopefully complete their schedules. I'd prefer that our teams win but

since we're still battling the virus, this is a time to adhere to the changes and modifications that the MIAA requires."

The Fall-2 teams will be dealing with similar changes that were implemented for the fall and winter squads. They include wearing masks, socially distancing on the bench, using hand sanitizer, crowd limits, no locker-room presence and bus limits for athletes.

Although many schedules are complete, some are still undergoing changes and updates. Tri County's Mayflower League opponents include Norfolk Agricultural, Southeastern Regional, Bristol-Plymouth, Old Colony, Diman Voke, Blue Hills Regional, Upper Cape Regional, Cape Cod Tech, Bristol Agricultural, South Shore Vocational, Avon, Bishop Connolly, Holbrook, West Bridgewater and Westport.

The league's schools moved fall sports to March and April because they didn't have specific answers to a variety of questions.

"The feeling was that we didn't have a handle on the virus, like how far-reaching it would be," Martin said. "We wanted to know more about contact-tracing and we needed answers to questions. Do the athletes need masks while running? Would masks hurt their oxygen level while competing. What happens when there's contact with players who are sweating? If we erred, it was on the side of safety."

When the winter sports season was called off at Tri County, Martin filled the void with an intramural program and open skating at the Pirelli Veterans Arena rink.

"We started intramurals in mid-December," she said. "The sports were boys and girls basketball, co-ed volleyball, indoor track and a strength and conditioning program. Each team got one day a week to practice and compete. We followed all the virus protocols and capped the numbers at any one time at 25. The key was to address social, emotional and physical needs."

Skating at the rink occurred on Tuesdays and Fridays in one-hour sessions from January to mid-February.



Tri County Athletic Director Sara Martin will be checking in on nine of the school's teams during the Fall 2 season.

Martin, who teaches history (3-4 classes daily), is very adept at multi-tasking. She's often juggling in a variety of ways — with sports schedules, rotating gym-time practices, busing details and ensuring that monitors and a trainer are available.

"For the Fall-2 season, I'll be relying on our coaches and team leaders (captains) to be models for wearing masks, socially distancing and using hand sanitizer. Coaches will have to realize that practices during Fall-2 won't be as plentiful as they were during normal times."

Now in her third year as the Cougars A.D., Martin is optimistic about the 2021-22 school year. She even uses the "normal" word when looking to the future.

"I do see some normalcy," she emphasized. "The vaccines will help and lessen anxiety and we'll have a better handle on how to manage close contact. We now know more about how contagious the virus is. We'll pick up in August at pre-season and masks likely will be used for awhile. With the focus on monitoring long-range conditions, everything can return to the way it was."

The personable Martin is quick to credit Tri County's custodial staff and its vocational teachers for their prudence in adhering to the precautions to

prevent the virus from spreading. "They've been in school all this time and it's a testament to them that there hasn't been any in-school infection or transmission of the virus," she noted.

Martin also deserves some notice for the way she's handled parental complaints, student-athlete concerns and all the uncertainty that covid-19 has created.

"There's been parental complaints, but for every negative opinion, we get about four positive ones," she noted. "Some parents call and ask how they can help. Students express disappointment when their sport is delayed. Some think we're not pro-active but we have to wait for guidance from the MIAA, the Executive Office of Energy and Environment, the leagues, the school superintendent, the Board of Health and the School Committee."

Martin said she's heard athletes express excitement about the Fall-2 season. And, it all centers around competing again. "The hockey players are glad they can play in March and April, and football players in January said 'football is just a month away.' I certainly understand the frustration they've had to endure."

Tri County athletes have been on the sidelines for almost a year. But, that situation is about to change. Martin hopes the pandemic will fade in the future and her comments on that front are very telling.

"When its grip is loosened or greatly reduced, my emotions will be relief and pride," Martin said. "When August rolls around and all the athletes are sweating and exhausted at practices, we can all look back and say we've grown and that we appreciate our opportunities more."

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Medway Community Farm update



Jan Gardner is another experienced volunteer as treasurer and newsletter editor for non-profits, has worked as an office manager for a dental practice and brings her gardening and design expertise to farm.



Susan Houde, an early education administrator and teacher, is also not a stranger to volunteering. She has been involved with Medway Pop Warner and Medway Grid Iron.



When people think of a community farm and what it means to the community, most will think of the farm store, possibly the CSA opportunities and, of course, the Farmer. While these are all parts of the community farm, here at Medway Community Farm they consider volunteers as an integral part of the success of the Farm.

Farming is very labor intensive, with many moving parts and without the help and participation of volunteers it would be impossible. Medway Community Farm has a Board of Direc-

tors that is made up of entirely volunteers, but they are just one cog in the wheel. Volunteers help plant seeds, weed planting beds, fix farm equipment, help to build greenhouses or tool sheds. You can volunteer to help out at an event, seasonal clean-up days or help out with harvesting. No matter what time or talent you have to offer there is a place for you at the farm.

The Master Gardeners donate their time and expertise to help supply the food bank with fresh produce. The Medway Community Farm has been able to provide over 4000 pounds of

produce to the food bank and a local family shelter this past season. Without the volunteers to plant, weed and harvest, the produce might not have been able to be shared.

Medway Community Farm has continued to partner with Medway Community Education, a department of the public schools, to offer classes for both adults and children. Most of these classes are run by volunteers, so as you can tell, there is a space for everyone.

The Town of Medway has been generous with their help over the years in getting storage, help with digging trenches and providing fill. The Farm truly is a community undertaking.

The Farm welcomes all and wants all to know that no matter

your talent, your time can always be utilized and is so very appreciated. Introducing new members of the Board of Directors is a wonderful task and they have three new additions:

These people have been welcomed onto the Board and there is always room for more. Carol Collord, the President of Medway Community Farm, said that the various committees of Medway Community Farm are seeking community members. If you would like to volunteer, Collord noted that community members could email volunteer@medwaycommunityfarm with their interest. In addition, volunteer opportunities are posted on their web page, in their newsletter and Facebook page. Please, don't feel as if you don't have anything to offer because at Medway Community Farm, they are a big family and we all can use the support of family.

Medway Public Schools Provides Update on In-Person Learning Plans

Pre-K-5 Students Now Participating in Full In-Person Learning, State-Supported COVID-19 Pooled Testing Initiative Announced

MEDWAY -- Superintendent Armand Pires wishes to update the community regarding the district's ongoing efforts to bring additional students back to full in-person learning.

Grade 5 students transitioned from the hybrid model to full in-person learning on Tuesday, Jan. 19. This follows the return of grade 4 students on Jan. 4 and Pre-K-3 students in December 2020. All Pre-K-5 students have now returned for a full five days of in-person learning per week.

As was previously noted, the pathway to a full in-person return for grades 6-12 is more complex and requires the district to address three primary barriers: physical distancing requirements, transportation and the need for regular COVID-19 testing.

Medway Public Schools adopted a 6-foot minimum physical distance in its reopening plans after reviewing reopening guidance provided by the Department of Elementary and Secondary Education (DESE) and feedback

from families and staff. This ensured that there would not be close contacts within the schools, with the exception of transportation. However, grades 6-12 are unable to return fully at this level of distancing.

Secondly, transportation guidelines outlined by DESE resulted in a decrease in bus capacity to about a third of the typical capacity. With this guidance, the district could transport only 325 students compared to 1,001 students as was done prior to the start of the pandemic, though approximately 66% of Medway parents and families indicated in a survey that they would need transportation for their child. If transportation needs exceed capacity the district has identified two possible options to mitigate the transportation barrier: "double runs" for some bus routes during which a bus will pick up

IN-PERSON LEARNING

continued on page 22

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Medway High School Receives \$500 Grant to Support STEM Programs from ExxonMobil and Global Partners LP

MEDWAY – Superintendent Armand Pires and Principal John Murray are pleased to announce that Medway High School recently received a grant from ExxonMobil and Global Partners LP.

The grant, in the amount of \$500, will be used to support Medway High School’s STEM (science, technology, engineering and mathematics) program.

“On behalf of our STEM students and staff, I would like to thank Hiyam Jabour, owner of our local Global gas station, for nominating us for this grant,” said Principal Murray. “This funding will help us continue to provide our students with high-quality STEM learning experiences that put them on the path to success in the classroom and in their future endeavors.”

Global Partners LP has awarded grants to schools throughout New England, New York, Pennsylvania and Maryland for the past decade in partnership with ExxonMobil’s Educational Alliance Program. The initiative awarded \$182,500 to 365 schools in 2020 in an effort to support STEM education.



Principal John Murray accepted a \$500 grant as part of ExxonMobil’s Educational Alliance Program, which will support Medway High School STEM programs. (Photo Courtesy Medway Public Schools)

“It really comes down to our local Territory Managers (TM’s) working closely with their local Exxon- and Mobil-branded station owners to choose the schools they feel would benefit the most from these innovative grants,” said Louis Parison, Global’s Brand Programs Manager. “A lot of our grants each year go to the same schools, which helps them to truly develop a consistent STEM program. And our TM’s are vested in their local communities, and the local Exxon- and Mobil-branded stations in town also want to support these educational efforts.”

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M/M

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Medway Shamrock Shuffle runs through March

The 10th Annual MEPTO Shamrock Shuffle is going virtual! You choose the time and the location – simply lace up your running shoes and take the first step! Your route could be a favorite trail, your daily running

route, a local track or park – even a treadmill.

The Shamrock Shuffle is still one of the largest fundraising events for the Medway Elementary PTO. All proceeds will be used to support the creative

arts programs at both John McGovern and Burke Memorial Schools. Registration is \$12 per person through March 31. You can also order a t-shirt and medal for \$15 more through Feb. 28.

Participants can sign up to run/walk their race between March 1, 2021 and March 31, 2021. Results will be posted by Racewire on April 1st. T-Shirts and Medals will be distributed on April 1 at a location TBD.

There will be NO chip timing for this VIRTUAL event. Results

will be based on the honor system.

You can submit your results using the link found in your confirmation email between Monday, March 1st and Wednesday, March 31st.

To register, visit <https://racewire.com/register.php?id=11940>

Ways to Celebrate: MARCH 2021						
SUN	MON	TUE	WED	THU	FRI	SAT
	1 World Compliment Day	2 Read Across America Day	3 Caregiver Appreciation Day	4 National Grammar Day	5 National Day of Unplugging	6 National Oreo Cookie Day
7 Namesake Day	8 International Women's Day	9 Organize Your Home Office Day	10 National Pack-Your-Lunch Day	11 Popcorn Lovers' Day	12 National Girl Scout Day	13 Genealogy Day
14 National Pi Day	15 National Napping Day	16 Tea for Two Tuesday	17 Saint Patrick's Day	18 Absolutely Incredible Kid Day	19 Red Nose Day	20 International Earth Day
21 World Down Syndrome Day	22 World Water Day	23 National Puppy Day	24 National Cheesecake Day	25 International Waffle Day	26 World Purple Day (epilepsy awareness)	27 Passover Begins
28 Palm Sunday	29 National Vietnam War Veterans Day	30 Take a Walk in the Park Day	31 National Crayon Day			

Credit: Theresa Knapp for Local Town Pages

IN-PERSON LEARNING

continued from page 20

25 students and drop them off at school before going back to pick up an additional 25 students for the same school, or contracting with Holmes Transportation for additional buses.

Finally, the need for regular COVID-19 testing is a barrier for in-person learning for grades 6-12. Regular testing would provide the district with accurate information regarding the prevalence of COVID-19 within the schools and would allow the district to quickly and effectively identify and isolate positive cases. The information provided by regular testing would also assist the district in decision making regarding learning models moving forward and may help alleviate the challenges posed by physical distancing requirements.

On Jan. 8, the Baker-Polito Administration and DESE announced a COVID-19 pooled testing initiative for Massachusetts schools. Through the initiative, districts will work with providers to test students, faculty and staff once per week through a pooled testing system. The COVID-19 testing initiative is expected to be able to begin in February.

Pooled testing involves grouping multiple test samples to conduct a PCR test on the samples all at once. If a pooled test result is negative, then all individuals within that pool are presumed negative and may re-

main in school. If a pooled test result is positive, each test in the pool is then given an individual diagnostic test to identify the positive sample(s).

As part of the program, the state will support funding for COVID-19 testing for the first six weeks of the initiative. Following the first six weeks, the district will be able to use the state-negotiated contract to continue to purchase testing services. Being able to conduct testing through the state program rather than outside vendors significantly reduces the cost estimate for the district and is expected to result in a cost savings of approximately \$225,000.

The district also began its own regular testing program for faculty and staff in December 2020.

“Throughout the year, our principals, teachers and staff have worked tirelessly toward the goal of getting our students back to school in person and without their hard work, moving our Pre-K-5 students to a fully in-person learning model would not have been possible,” Superintendent Pires said. “Additionally, we remain committed to addressing the barriers that complicate an in-person return for our middle and high school students. A regular testing program will be valuable as we continue working to bring additional students back in person and we are grateful for the state’s support of this important initiative.”

Additional information regarding student testing will be shared as it becomes available.



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Real Estate Corner

Local mortgage expert offers Free Virtual Homebuyer Seminar

Michael Shain of Bay Equity Home Loans will host a free virtual homebuyer seminar on March 15, 2021, in conjunction with the Bellingham Public Library.

Homebuyer Seminar: Monday, March 15, from 6:30 – 7:30 p.m.

Are you considering home-

ownership? At this seminar, you'll learn crucial information for homebuying success and leave with tools you need to get started on your search:

- The importance of credit
- Finding the right mortgage loan program
- The difference between buyer agents and listing agents

- How to win a bidding war
- The benefits of being pre-approved.
- Buyers with the latest information will be more successful in the ever-changing real estate market.

Pre-Registration is required. Call the Bellingham Public Library at 508.966.1660 or visit <https://www.baye.com/mike-shain/> then scroll to Events. The link for the virtual event will be sent the day before and day of the event.

About Mike Shain:

Shain has more than 30 years of banking and mortgage lending experience and hosts "Real Estate and Beyond," a local TV show about home buying and selling trends.

About Bay Equity:

Bay Equity is a family-owned, full-service retail mortgage lending institution that prioritizes personal relationships. Founded in 2007 and licensed in 42 states. For more about Bay Equity Home Loans, visit: www.bayequityhomeloans.com.

Recent Home Sales

Date	Millis	Amount
Feb. 10	200 Orchard Street	\$415,000
Feb. 3	45 Dover Road	\$575,000
Feb. 3	22 Henry Way #99	\$677,795
Feb. 1	211 Orchard Street	\$432,000
Jan. 29	24 Acorn Place	\$498,600
Jan. 29	7 Kensington Place	\$205,700
Jan. 28	22 Birch Street	\$583,500
Jan. 27	969-975 Main Street, #2-10	\$349,000
Jan. 25	49 Morse Avenue	\$360,000
Jan. 22	6 Brookview Road	\$612,000
Jan. 22	27 Daniels Street #4	\$290,000
Jan. 21	47 Irving Street	\$220,000
Jan. 15	5 Granite Drive	\$679,900
Jan. 15	18 Pine View	\$305,000
Jan. 15	255 Village Street	\$733,750

Date	Medway	Amount
Feb. 12	79 Lovering Street #A	\$640,000
Feb. 10	95 Winthrop Street #3	\$98,000
Feb. 5	176 Main Street #3	\$399,900
Jan. 29	6 West Street	\$450,000
Jan. 29	4 West Street	\$450,000
Jan. 29	4 Broken Tree Road	\$601,000
Jan. 28	57 West Street	\$340,000
Jan. 26	12 Heritage Drive	\$272,000
Jan. 22	44 Lincoln Street	\$495,000
Jan. 22	9 Evergreen Street	\$443,900
Jan. 22	3 Hickory Drive	\$730,000
Jan. 20	1 John Street	\$450,000
Jan. 19	28 Village Street	\$575,000
Jan. 15	135 Summer Street	\$370,000
Jan. 15	5 Kingston Lane #3	\$192,100

Source: www.zillow.com / Compiled by Local Town Pages

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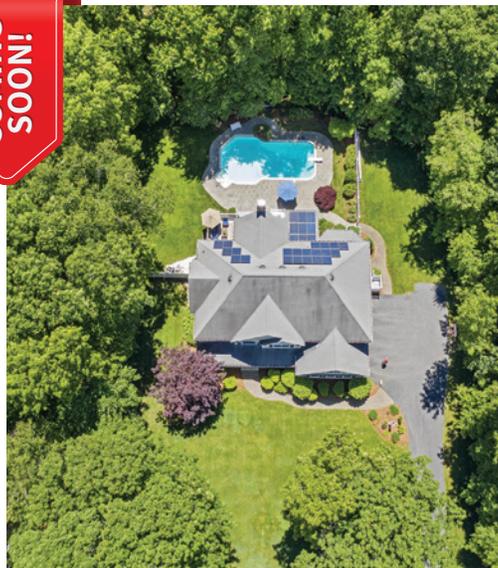
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16 Buttercup Lane Medway visit 16Buttercup.com



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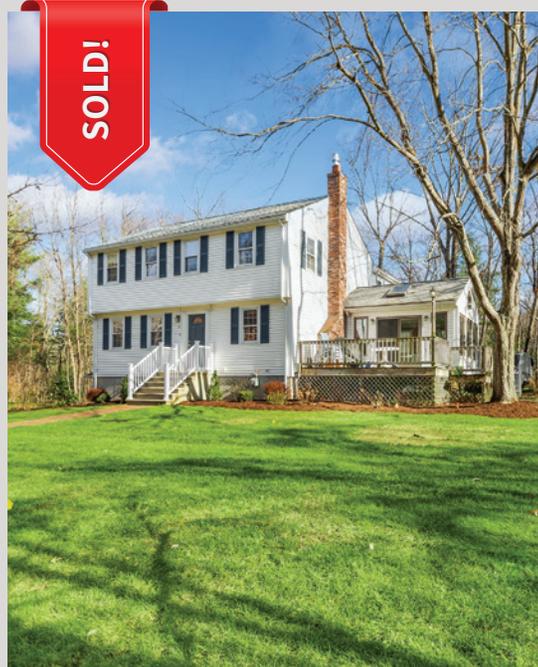
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Sold in just 2 days for \$71K OVER the asking price!

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Prep & Marketing:

- Complimentary professional staging
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- 3D Matterport Virtual Tour
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- Targeted Facebook & Instagram ads
- Direct mail campaign to surround neighborhoods
- And much more!

Results

- Multiple offers received in just 2 days
- Sold for \$71,100 OVER the asking price
- 53 private showings
- Facebook ad reached 1,279 people
- 1,100+ single property website views

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Real Estate Corner

Spring Ahead & Check Smoke Detectors

Remember to check the batteries in your smoke and carbon monoxide detectors

By THERESA KNAPP

When you adjust your clocks for Daylight Savings Time on March 14, 2021 (at 2:00 a.m.), be sure to replace the batteries in your smoke detectors and carbon monoxide detectors.

According to the United States Fire Administration (USFA), smoke detectors save lives:

- Three out of five home fire deaths result from fires in properties without working smoke alarms.
- More than one-third (38 percent) of home fire deaths result from fires in which no

smoke alarms are present.

- The risk of dying in a home fire is cut in half in homes with working smoke alarms.

How do I test my smoke detector?

On most smoke detectors, you press and hold the TEST button on the smoke detector. It can take a few seconds to begin, but you will hear a loud, ear-piercing siren while the button is pressed. If the sound is weak or nonexistent, replace your batteries. Click here for a video tutorial from the National Fire Protection Association. [www.firstalert.com]

What is carbon monoxide?

According to the USFA, Carbon monoxide is called the "Invisible Killer" because it's a colorless, odorless, poisonous gas. More than 150 people in the United States die every year from accidental non fire-related CO poisoning associated with consumer products, including generators. Other products include faulty, improperly-used or incorrectly-vented fuel-burning appliances such as furnaces, stoves, water heaters and fireplaces. Beware of symptoms such as headache, fatigue, shortness of breath, nausea, dizziness, mental confusion, vomiting, loss of muscular coordination, and loss of consciousness.



Image credit: Massachusetts Department of Fire Services, www.facebook.com/MassDFS/

How do I test my carbon monoxide detector?

To test your carbon monoxide alarm, simply press the TEST/RESET button until the unit chirps, then release the test button. The unit will then emit 2 sets of three slow beeps followed by 2

sets of four quick beeps indicating that the alarm is operating normally. [www.kidde.com]

The National Fire Protection Association recommends testing alarms every month, and replacing any device that is more than 10 years old.

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		<p>Visit WWW.JODIJOHNSON.COM to read what our clients are saying about our team!</p>				

Girls in Aviation Day event on March 13

Registration open for girls and boys ages 8-17

On March 13, 2021, Women in Aviation International will host a "Girls in Aviation Day" live from Reno, Nevada. The on-line event will feature female leaders of the United States Air Force Thunderbirds and a female NASA astronaut. Girls and boys ages 8 to 17 years old are welcome to attend. The event is free but registration is required by visiting www.wai.org/giad-wai2021.



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<p>SOLD</p>  <p>79 Farm Street Millis - \$369,000</p>	<p>NEW CONSTRUCTION</p>  <p>164 Village Street Millis - \$589,000</p>	<p>SOLD</p>  <p>163 Village Street Millis - \$499,900</p>



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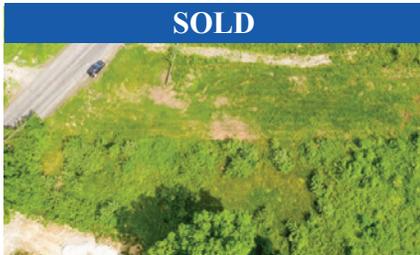
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